

HALIFAX metro

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SHARING.

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SLEEPLESS IN SEATTLE

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C-H-E-E-R-S HALIFAX

Members of the Halifax West Cheer compete in the Cheer Blast Championships at Exhibition Park on Sunday. Hundreds of cheerleaders from across the province took part in the weekend event. For a photo gallery, visit our website at metronews.ca/halifax.

JEFF HARPER/METRO

Man struck, killed on Highway 102

Kelly Lake. RCMP trying to determine how pedestrian ended up in traffic

Name withheld

The victim's name hasn't been released pending notification of next of kin.



PHILIP CROUCHER
philip.croucher@metronews.ca

A 44-year-old Dartmouth man is dead after he was struck by a transport truck while on Highway 102 near the Kelly Lake scales in Waverley.

The RCMP say the accident happened at 5:49 p.m. Sunday as a tractor trailer travelling outbound struck the victim.

Police say the man was pronounced dead at the scene by paramedics.

"All I can confirm is he was on the highway at the time," said RCMP spokesperson Const. Tammy Lobb about the circumstances surrounding the unusual accident. "We are

trying to leverage any information we can get from witnesses."

Lobb couldn't say why the man was on the highway, but said it's part of the investigation.

She confirmed the man was struck on the highway, not the shoulder of the road.

She also wasn't sure which of the three lanes on the six-lane highway he was hit in.

"Being involved in any collision can be shocking and stressful; when there is loss of life, it's tragic and horrific," Lobb said.

Police were on scene for several hours investigating the crash. The highway was never closed, but some lanes were shut down to traffic.

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'Significant' wounds

Man charged in facial slashing

A 29-year-old man will appear in court on Monday to face assault charges for allegedly slashing a person in the face.

Halifax Regional Police say the stabbing happened after two men who knew each other got into a fight on the roadside near St. Margarets Bay Road and Albert Walker Drive around 4:25 a.m. Sunday.

The 28-year-old victim suffered a "significant" facial injury and was taken to hospital, said Staff Sgt. Lindsay Hernden.

"He received a number of stitches and was ... released from hospital," he said.

Hernden said police believe a knife was involved, but a weapon hadn't been recovered.

After the incident, police went to a home in the 6000 block of Jubilee Road to locate the suspect. He was initially unco-operative but was eventually taken into custody.

Police have charged the 29-year-old with aggravated assault, assault with a weapon, possession of a weapon for a dangerous purpose and impaired driving.

Hernden said police have information from witnesses that places the suspect behind the wheel of a car "in and around the time that the assault had occurred."

Police also issued a breathalyzer test to the suspect, which he allegedly failed.

HALEY RYAN/METRO

No injuries

Cops seek suspect in axe attack

Halifax Regional Police were looking for a 27-year-old man who allegedly swung a large axe at a 48-year-old man in Dartmouth on Saturday.

Police were called at 9:30 a.m. to an apartment on Lakecrest Drive as three roommates were moving out of a unit.

The 48-year-old was on hand to help his son move out. Police say the father got into an argument with one of his son's roommates.

A large axe was eventually swung at the father, resulting in the father backing away and calling police. **METRO**



Furry forecast says winter's out — as storm rumbles in

Shubenacadie Sam chews on a piece of melon after he failed to see his shadow upon emerging from his burrow on Sunday. Sam's forecast is for an early spring, but that doesn't mean winter is over. Environment Canada has issued a special weather statement for Halifax and a possible storm Wednesday that could bring heavy snow and blizzard-like conditions. **ANDREW VAUGHAN/THE CANADIAN PRESS**

Stop charging the disabled: Protesters

Mental maturity.

Group says people with special needs deserve same protections as kids

A Nova Scotia group that speaks for people with intellectual disabilities says that although it has been gaining public support, it wants more commitments from federal and provincial leaders to implement policy changes in the justice system.

About 40 people held signs and tied red ribbons around their arms as they marched to Halifax provincial court in the city's downtown Sunday afternoon. It was one of eight protests happening across the



Protesters near the Halifax provincial courthouse Sunday. **PHILIP CROUCHER/METRO**

province as part of the group's push to stop the criminalization of people with special needs.

Nichele Benn, a 26-year-old Nova Scotian with an intellectual disability, was recently charged with assault and assault with a weapon after

she was accused of biting and striking a staff member at a care facility in Lower Sackville.

Yvette Cherry, a rally organizer, said cases like Benn's shouldn't go before the courts.

"These are individuals who are the mental age of a child,

12 or younger," said Cherry, whose 17-year-old son has an intellectual disability.

"Our Criminal Code protects children from being dealt with in the criminal justice system. We need to amend that code so it protects our other vulnerable persons who may be in an adult body but have the cognitive skills of a child."

The group is calling on federal Justice Minister Peter MacKay and Premier Stephen McNeil to look at amending the Criminal Code.

Benn's family recently met with McNeil. Although no commitments were made, McNeil said the province's Community Services Department would follow up with them.

THE CANADIAN PRESS

Haligonian killed in snowmobile crash

A 42-year-old man from Halifax was killed in a snowmobile accident near Fountain Lake in Cumberland County on Saturday.

The RCMP say Wayne Jennings died of his injuries after he lost control of his snow-

mobile and it rolled over just before 9 p.m. Saturday.

Const. Tammy Lobb, an RCMP spokesperson, said Jennings had been travelling with a group of people on a groomed trail off Westchester Road when the accident hap-

pened.

"It's not like he landed in the woods and then they couldn't find him," Lobb said.

Oxford RCMP, Westchester Fire and Emergency Health Services were called to the scene where Jennings

was found dead.

Lobb said she did not know where Jennings lived in Halifax.

The cause of the incident is still unclear, and Lobb said the investigation is ongoing.

HALEY RYAN/METRO

Residents march with furry friends to end to tethering

Response to recent incidents. Protesters calling for action — now

About 150 people — and nearly that many of their four-footed friends — took to the streets of downtown Halifax on Saturday to raise awareness about dog tethering in Nova Scotia.

"It just makes me angry that people still do this to dogs," said Patricia Conrad, who helped organize the event through No Chains All Love Dog Rescue Society.

Tethering is the practice of keeping dogs permanently chained or penned outside.

"I can't think of an animal worse suited to life on a chain than a dog," said 16-year-old march participant Jenna Miles.

There was public outcry last December when a dog was found frozen on a chain outside a home in North Preston.

"To think of a dog freezing to death outdoors is just the cruelest thing I can imagine," said Miles, who has two dogs at home.

Forthcoming

The demonstration comes about one month before the province is slated to release legislation that it says will empower authorities to intervene in tethering situations.



• N.S.'s Agriculture Minister Keith Colwell said in December the changes would allow

officers to write a ticket on the spot against violators.

"If you're not prepared to bring a dog into your house and make it part of your family, then you shouldn't get a dog."

To that end, Conrad said the march is less a protest and more a show of support.

"We felt it was time to bring this more to light — to get people to support the government, to let the government know that Nova Scotia is ready for a change."

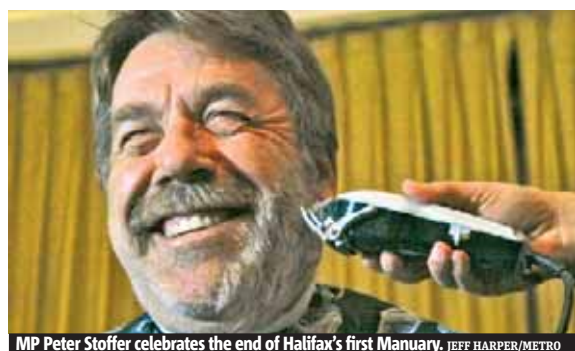
GEORDON OMAND/FOR METRO



"If you don't want a dog then let someone else rescue it and bring it inside." Patricia Conrad

Buster the rescue dog marches with humans and fellow dogs alike outside Province House during an anti-tethering demonstration in Halifax. GEORDON OMAND/FOR METRO

Move over, Movember: Manuary is in the house



MP Peter Stoffer celebrates the end of Halifax's first Manuary. JEFF HARPER/METRO

While annual cancer fundraising event Movember has come to enjoy widespread recognition, not everyone has heard of its younger sibling Manuary.

But that was far from the case at the Lord Nelson Hotel in Halifax on Saturday, where dozens of Manuary organizers, supporters and participants gathered to celebrate raising more than \$27,000 to support cancer patients.

Launched three years ago in London, Ont., Manuary is a yearly event that raises aware-

ness and money specifically for head and neck cancers.

"We know as nurses working on the front line that patients have a lot of financial challenges when they go through cancer treatment," said nurse and event co-chair Karen Woodworth.

In its inaugural year, Halifax managed to pass its fundraising goal of \$25,000 to help head and neck cancer patients at the Queen Elizabeth II Health Sciences Centre. Fifty people participated in the

event.

"It's very satisfying," said fellow nurse and co-chair Judi Phillips about the outpouring of community support.

"It makes you feel that everything you're doing is worthwhile."

Cancer patient Jim MacDonald was also on hand Saturday.

"I can't get over the compassionate people," said the Dartmouth resident, currently undergoing treatment for tongue cancer.

"They're really super," he

added. "They really are."

Promising to take part again next year, Sackville Eastern Shore MP Peter Stoffer took centre stage to have his beard shaved publicly.

"The least I can do is grow a beard," he said about being asked to support the cause. "Besides, it saved me a lot of time in the morning."

As for how he feels about being beardless again: "My wife will be one very happy person," he said, laughing.

GEORDON OMAND/FOR METRO

No joke

Province to up minimum wage to \$10.40 April 1

Nova Scotia's minimum wage will be increased by 10 cents an hour as of April 1.

The provincial government says it accepted a recommendation to raise it to \$10.40 per hour from a committee that reviewed the

minimum wage.

The hourly wage for someone with less than three months' experience is also increasing by 10 cents an hour, to \$9.90.

Nova Scotia has the fourth highest minimum wage rate in the country, behind Nunavut, Yukon and Manitoba.

Once Ontario's planned increase to \$11 per hour takes effect in June, Nova Scotia's minimum wage will be fifth. **THE CANADIAN PRESS**

IT

Ottawa gives \$300K to attract women to tech

The feds are giving a Nova Scotia company nearly \$300,000 toward a program aimed at attracting women to the province's tech sector.

Ottawa says the funding for Digital Nova Scotia will help recruit and retain

women for senior-level positions in the digital field. Federal Justice Minister Peter MacKay says the three-year funding deal will help advance women in a sector where they are under represented.

Digital Nova Scotia president Ulrike Bahr-Gedalia says she will encourage technology companies to adopt best practices that include women in senior management roles. **THE CANADIAN PRESS**

Business opportunities

N.S. gives \$1M to boost forestry

The province is committing \$1 million to fund eight projects aimed at developing business opportunities for the province's forestry sector.

The goal is to identify new products and production techniques that will help reduce costs and make

the sector more competitive.

The province is working with non-profit research centre FPInnovations to identify future options for the industry.

CEO Pierre Lapointe says the centre will examine the impact of the province's harvesting guidelines and look at ways of improving yields at hardwood sawmills as well as ways to convert wood to biochemicals.

THE CANADIAN PRESS

'I think we can all be proud'

Top 10. Halifax's new central library makes CNN list for eye-popping buildings

GEORDON OMAND
halifax@metronews.ca

It isn't even finished and already Halifax's new central library is turning heads south of the border.

American news and television network CNN included the project in its list of 10 eye-popping new buildings of 2014.

CNN's website describes the downtown building as blending "the distinctive atmosphere of local landscape with northern European design heritage."

"We just think it's totally fantastic," said Paula Saulnier, interim CEO of Halifax Public Libraries. "I think we can all be proud."

Halifax's new public library is the only North American



A worker on the new Halifax Central Library is shown in this photo taken in October. JEFF HARPER/METRO

project to have made the list, which was published on Thursday.

The \$57-million central library project is intended to replace the Spring Garden Road

Memorial Library, built more than 60 years ago. Its replacement, still under construction, will serve as the flagship location for the library system's 14 branches, which services

about 166,000 registered borrowers.

"We're pretty excited to be playing such a role in putting Halifax on the world stage," said Saulnier.

"It is a public building too," she added. "I think that makes it more attractive because it's for everyone."

The building was designed by lead architect George Co-

Also on the list

Other buildings to make the CNN list include a doughnut-shaped skyscraper in southern China, a floating apartment complex in the Netherlands and the world's first "invisible" tower in South Korea.

taras of Fowler Bauld & Mitchell, in partnership with Morten Schmidt of the Danish firm Schmidt Hammer Lassen Architects.

Canada-based architecture and design magazine Azure also recognized it recently as one of 10 projects to follow in 2014.

"We knew it was pretty cool when we were building it," said Saulnier. "The fact that others recognize that just puts the stamp on it."

The new central library is slated to open this fall.

"It's pretty amazing from the outside," she said. "(But) wait until you see the inside too. It's going to be fabulous."

Former credit union employee charged with stealing from seniors

RCMP in Antigonish have charged a former credit union employee with fraud and theft following an internal investigation that uncovered numerous fraudulent banking transactions.

Stephanie Moran-MacDonald, 39, of Lower South River is accused of stealing thousands of dollars from ten dif-

Court appearance

Stephanie Moran-MacDonald is scheduled to appear in provincial court in Antigonish on April 30.

ferent accounts at Bergengren Credit Union, all belonging

to senior citizens in the community.

The Mounties were tipped off in November 2013 after a credit union member complained about a suspicious transaction.

Moran-MacDonald faces charges of theft over \$5,000, fraud over \$5,000 and uttering a forged document. **METRO**

Correction

Winter parking ban enforcement

On Friday, Metro erroneously reported that the Halifax Regional Municipality enforced the overnight winter parking ban a total of six times in the entire 2012-13 winter season. The city actually enforced the ban 12 times over the entire season, with six of those instances taking place before Jan. 30, 2013. **METRO**

Online

For more local news, go to metronews.ca.

Portland and Eisner. Woman, 19, struck in Dartmouth crosswalk

A 19-year-old woman is HRM's latest person to be struck by a vehicle in a crosswalk.

Halifax police say the victim was walking in the intersection at Portland Street and Eisner Boulevard with the walk light on when she was

hit by a turning vehicle on Friday at 4:30 p.m.

The woman was hit with the front passenger side of the car and the impact made her fall backwards to the ground.

The pedestrian wasn't seriously hurt. **METRO**

Driver stopped but did not provide her info

- The driver left the scene without providing any information to the pedestrian, police say.
- According to police, the driver was a female with black curly hair and she was driving a black car.

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Industry Canada's tweets vetted in 'super-rigid process': Insider

#Bureaucracy. Tweets sanitized through 12-step protocol, retweets planned days in advance

Pity the poor government tweet, nearly strangled in its cradle before limping into the Twitterverse.

Newly disclosed documents from Industry Canada show how teams of bureau-

crats often work for weeks to sanitize each lowly tweet, in a medium that's supposed to thrive on spontaneity and informality.

Most 140-character tweets issued by the department are planned weeks in advance; edited by dozens of public servants; reviewed and revised by the minister's staff; and sanitized through a 12-step protocol, the documents indicate.

Insiders and experts say the result is about as far from the spirit of Twitter as you can get,

and from a department that's supposed to be on the leading edge of new communications technologies.

The documents, obtained through the Access to Information Act, show such a high level of control that arrangements are made days in advance to have other government agencies retweet forthcoming Industry Canada tweets, because retweets are considered a key measure of success.

In turn, Industry Canada agrees to do the same for

Quoted

"You're imposing structure on a form of communication that inherently rejects structure."

Anonymous Industry Canada insider, on the department's strict Twitter protocol.

tweets from the Business Development Bank of Canada and others.

Formal policy for the de-

partment was set into a protocol last October, with a 12-step process that requires numerous approvals for each tweet from Industry Minister James Moore's office or from the office of Greg Rickford, the junior minister.

Public servants vet draft tweets for hashtags, syntax, policy compliance, retweeting, French translation and other factors. Policy generally precludes tweeting on weekends, and the minister's personal Twitter handle must be kept

out of departmental tweets, though his name and title are often included.

The resulting tweets read like stiff public service announcements.

An insider at Industry Canada said the "super-rigid process" is frustrating, and simply doesn't work for Twitter.

"We don't really know what we're supposed to be on Twitter," he said in an interview, on condition of anonymity to protect his job.

THE CANADIAN PRESS



Accommodations for Sochi still under construction

Construction work continues outside the Gorki Plaza East hotel in Krasnaya Polyana, Russia, on Sunday. The IOC is urging Russian Olympic organizers to move quickly to resolve the issue of accommodations that are not ready for accredited media personnel in the mountains outside Sochi. According to the 2014 Sochi Winter Olympic organizing committee, only six of the nine media hotels in the mountain area are fully operational.

LUCA BRUNO/THE CANADIAN PRESS

Middle East tour. PM's trip positive for one third of Canadians: Poll

Almost half of Canadians followed Prime Minister Stephen Harper's recent trip to the Middle East, and a third said they had positive views of his inaugural visit to the region, a new poll has found.

The survey, conducted from Jan. 23 to Jan. 27 by Harris/Decima for The Canadian Press, suggests a third of Canadians held a favourable impression of Harper's first foray to the Middle East.

Twenty-six per cent, meantime, said they held an unfavourable view. The majority of those polled, however (42 per cent) said they had no opinion.

The survey also suggested a clear majority of Canadians feel it's important for prime ministers to make international trips to make international trips to Israel, the West Bank and Jordan.

Fifty-nine per cent of those



Prime Minister Stephen Harper speaks at Israel's Parliament in Jerusalem, Jan. 20. ARIEL SCHALTZ/THE ASSOCIATED PRESS

polled believe Harper's visit will have a positive impact on Canada's ties with Israel. But respondents were divided evenly on what the trip would mean for Canada's relationship with the Palestinian Authority: 32 per cent expect a positive impact, while 31 per cent anticipated a negative one.

THE CANADIAN PRESS

Survey. U.S. abortion rate at lowest level since 1973

The U.S. abortion rate declined to its lowest level since 1973, and the number of abortions fell by 13 per cent between 2008 and 2011, according to the latest national survey of abortion providers conducted by a prominent research institute.

The Guttmacher Institute, which supports legal access to abortion, said in a report being issued Monday

that there were about 1.06 million abortions in 2011 — down from about 1.2 million in 2008. Guttmacher's figures are of interest on both sides of the abortion debate because they are more up-to-date and in some ways more comprehensive than abortion statistics compiled by the federal Centers for Disease Control and Prevention.

THE ASSOCIATED PRESS

PM's next trek

Mexico may not be so welcoming

He felt the love in Israel, but when Prime Minister Stephen Harper arrives in Mexico later this month, he'll be met by an undercurrent of resentment from a continental neighbour that feels spurned by Canada.

That resentment towards Canada runs deeper than their disagreement over a travel visa that the Harper government imposed on travellers from Mexico in 2009.

It extends to lingering dissatisfaction over the lack of progress to move the economic relationship beyond the North American Free Trade Agreement.

THE CANADIAN PRESS

Forbes' 30 under 30

Ex-investment banker makes splash in music biz

A 26-year-old Toronto entrepreneur, who quit his investment banking job to pursue his dreams, has made Forbes magazine's "30 under 30" list

for music, alongside industry heavyweights like Drake and Lady Gaga.

Derrick Fung is the mind behind Tunezy, a website that allows fans to pay for unique music experiences, including backstage passes, meet and greets with their favourite artists or private online chats.

THE CANADIAN PRESS



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Award-winning actor Philip Seymour Hoffman dead at 46

Family 'devastated.'

Prolific character actor discovered in his apartment after an apparent heroin overdose

Philip Seymour Hoffman, who won a best-actor Oscar in 2006 for his portrayal of writer Truman Capote and created a gallery of other vivid characters, was found dead Sunday in his apartment with what officials said was a needle in his arm. He was 46.

Two law enforcement officials, who spoke on condition of anonymity, said the actor apparently died of a drug overdose. Envelopes containing what was believed to be heroin were found with him, they said.

Hoffman made his career mostly as a character actor, and



Philip Seymour Hoffman in 2006, after winning an Oscar for his work in *Capote*. Hoffman was found dead Sunday in his apartment. KEVORK DJANSEZIAN/THE ASSOCIATED PRESS

Tragic loss

"One of the greatest actors of a generation and a sweet, funny & humble man."

Ricky Gervais, tweeting about Philip Seymour Hoffman, who died Sunday of an apparent overdose.

was one of the most prolific in the business, plying his craft with a naturalism that made him one of the most admired performers of his generation.

The stage-trained actor was nominated for Academy Awards four times in all: for *Capote*, *The Master*, *Doubt* and *Charlie Wilson's War*. He also

received three Tony nominations for his work on Broadway.

Hoffman spoke candidly over the years about past struggles with drug addiction. After

23 years sober, he admitted in interviews last year to falling off the wagon and developing a heroin problem that led to a stint in rehab.

Tributes poured in from other Hollywood figures.

Kevin Costner said in an interview, "Philip was a very important actor and really takes his place among the real great actors. It's a shame. Who knows what he would have been able to do? But we're left with the legacy of the work he's done and it all speaks for itself."

"No words for this. He was too great and we're too shattered," said Mike Nichols, who directed Hoffman in *Charlie Wilson's War* and *In Death of a Salesman* on Broadway.

Hoffman's family called the news "tragic and sudden." Hoffman is survived by his partner of 15 years, Mimi O'Donnell, and their three children.

"We are devastated by the loss of our beloved Phil and appreciate the outpouring of love and support we have received from everyone," the family said in a statement.

THE ASSOCIATED PRESS

Allen: Farrow's claims 'untrue and disgraceful'

A representative for Woody Allen says the director calls Dylan Farrow's allegations of child molestation "untrue and disgraceful."

Publicist Leslee Dart said in an email Sunday that Allen has read Farrow's open letter, published online by *The New York Times*, claiming she was sexually assaulted as a seven-year-old by her then adoptive father. Dart also said Allen will be responding soon.

Farrow claimed that in 1992 at the family's Connecticut home, Allen led her to a "dim, closet-like attic" and "then he sexually assaulted me." Farrow didn't specify Allen's actions, but described other abusive behaviour.

The 1992 allegation came shortly after Allen became involved with Mia Farrow's adopted daughter, Soon-Yi Previn. Allen, then in his mid-50s, was not the adoptive father of Previn, who was about 19 at the time. The two married in 1997 and have two adopted daughters.

Connecticut prosecutors investigated the allegations in 1993 but did not charge



Woody Allen at the French premiere of *Blue Jasmine* in Paris last summer. CHRISTOPHE ENA/THE ASSOCIATED PRESS FILE

Allen. The 78-year-old director has long maintained his innocence.

In the open letter, Farrow recalled several events from her childhood. In a letter to op-ed columnist Nicholas Kristof, she said she was moved to speak out because of Hollywood's continued embrace of Allen.

"That he got away with what he did to me haunted me as I grew up," Farrow

wrote. "I was stricken with guilt that I had allowed him to be near other little girls."

Farrow said Allen would have her get in bed with him and at other times "place his head in my naked lap and breathe in and breathe out."

"For as long as I could remember, my father had been doing things to me that I didn't like," Farrow said. "These things happened so often, so routinely, so skillfully hidden from a mother that would have protected me had she known, that I thought it was normal."

A rebuke followed last week when Robert Weide, director of a PBS documentary on Allen, argued in a lengthy account on the *Daily Beast* that many were unaware of the facts of Allen's relationship with Previn and that the incident with Farrow was unproven.

Farrow, who said she now lives happily married in Florida under another name, urged people not to forget her side of the story and lamented "a world that celebrates her tormenter."

THE ASSOCIATED PRESS



Hello Dalai! Tibet fest begins

Tibetan spiritual leader the Dalai Lama holds a traditional Assamese hat that was presented to him by Assam Chief Minister Tarun Gogoi during the Festival of Tibet in Gauhati, India, Sunday. The Dalai Lama inaugurated the five-day festival.

ANUPAM NATH/THE ASSOCIATED PRESS

Egypt

Al-Jazeera cameraman acquitted

A Cairo court says it has acquitted a cameraman for the Qatar-based network Al-Jazeera, after he was held for months on charges of committing acts of violence.

Mohamed Badr, who worked for Al-Jazeera's channel in Egypt, was arrested following clashes in July. Egypt's semi-official media said Sunday he was acquitted along with 61 others.

THE ASSOCIATED PRESS

Sweden

Man detained after attempt to enter cockpit

Police at a Stockholm airport have detained a man who tried to enter the cockpit on a flight from Dubai to Stockholm. A police spokesman says crew handcuffed the man during the flight Sunday and handed him over to police when the plane landed. Police detained him on suspicion of preparing aircraft sabotage.

THE ASSOCIATED PRESS



Opposition demonstrators carry posters of imprisoned protesters during a rally in Moscow on Sunday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Protesters ask Putin to release jailed activists

'Hostages of Putin.'

Protesters march Sunday with portraits of the prisoners and banners demanding their freedom

Several thousand protesters marched through central Moscow on Sunday to call for the release of 20 people who were arrested after

clashes between police and demonstrators in May 2012.

Some of them face up to 10 years in prison if convicted for the protest, held on Bolotnaya Square on the eve of President Vladimir Putin's inauguration to a third term as Russia's president.

Putin's return to the presidency saw the passing of new laws aimed at cracking down on anti-government protests and restricting non-governmental

organizations.

The protesters marched Sunday with portraits of the jailed protesters and a banner stretching across the street reading: "Freedom to the Bolotnaya heroes, the hostages of Putin."

Some also carried Ukrainian flags to show their support for the anti-government protesters in neighbouring Ukraine, where demonstrations have been going on for more than two months.

Of the 28 people rounded up in the Bolotnaya case, eight were recently freed on amnesty. Several defendants have been under house arrest, but most of the others have been in jail for more than a year and a half.

Only three of the cases have been decided: Two defendants received light sentences after co-operating with investigators and a third was sent for forced psychiatric treatment.

THE ASSOCIATED PRESS

TOP SIX @ 6 Weeknights at 6 KB counts down the HOTTEST songs of the day

6 A Great Big World ft Christina Aguilera Say Something

5 Beyonce XO

4 Lady Gaga Do What U Want

3 Katy Perry Ft Juicy J Dark Horse

2 Passenger Let her Go

1 Pitbull ft Ke\$ha Timber

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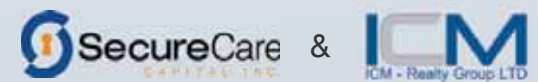
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Betting on free fallin' loonie



HOW TO ROLL
Alison Griffiths
metronews.ca

The plunging loonie could fall further, say an increasing number of currency watchers. This creates a dilemma for investors: Is it time to hedge or not?

Hedging neutralizes currency fluctuations. It has been very popular with mutual funds and exchange-traded-fund (ETF) providers since the Canadian dollar was a sad-sack 62 cents against the U.S. dollar in 2002.

With our dollar at a historic low, it made sense back then to buy hedged investments because the value of U.S.-dollar investments translated back into Canadian currency would diminish as the loonie rose.

But as the loonie hit \$1.10 in 2007, the reverse was true. It made sense to avoid hedged mutual funds and ETFs. No one

expected the Canadian dollar to remain that elevated, so any decline would make a U.S.-dollar investment worth correspondingly more.

Now things are a bit tricky. The dollar is neither high nor low, but it is approaching an often-stated "fair value" mark of 85 cents against the greenback. Some predictions, notably that of San Francisco hedge-fund manager Vijai Mohan, a longtime Canadian-dollar bear, have it crashing all the way down to 70 cents.

If you believe the loonie bears, then avoid hedged mutual funds and ETFs because U.S.-dollar investments will benefit as our currency sinks.

On the other hand, those who think the loonie will hover or rise should consider hedged mutual funds or ETFs.

Anyone planning to sell U.S. dollar investments for retirement income or to make a purchase, including withdrawing

Diving down

The Canadian dollar lost 6.6 per cent against the U.S. in 2013, the biggest decline since 2008.

- When investors think the sky is falling elsewhere, as is happening right now in emerging markets, they run to the safe haven of the U.S. dollar.

funds from an RRSP through the Home Buyers' or Lifelong Learning plan, should tread carefully.

A free-falling loonie puts money in your pocket. However, the opposite can also happen. If money is needed in the short term, it's probably better to sell now, rather than betting on a continued downward swing.

Trying to cash in on Bitcoin craze

People across Canada are now using an online form of currency to participate in the most everyday activities.

The website Bylls.com launched two weeks ago out of the Bitcoin Embassy in Montreal's accelerator program, aiming at allowing

users with bitcoins in their digital wallets to pay everything from cellphone to household bills.

Eric Spano, CEO of Bylls, says his startup has an agreement with a third-party payment processor, which gives access to a database of 4,000

different organizations.

While the exchange rates for Bitcoin are extremely volatile, Spano said his venture is able to turn a profit with small service fees that vary depending on the size of the transaction.

JACOB MORGAN/METRO IN SASKATOON



The road to MacKay River is paved with dirt

The untreated dusty road at MacKay River in Alberta is shown in this undated handout photo. When Suncor, Canada's largest energy company, realized that its dust-control strategy — i.e., spraying water onto the road from a truck — was an act of futility, it enlisted the help of General Electric to get the problem under control. By using a glue of sorts, consisting of a byproduct of pulp and paper manufacturing, GE's method binds the particles together so that the dirt stays put. SUNCOR/GE/HANDOUT/THE CANADIAN PRESS

Hacker group

'Nullcrew' takes credit for hacking of Bell customers

Bell Canada says 22,400 of its small-business customers have had their account information compromised by hackers. A hacking group calling itself Nullcrew is claiming credit for the attack. THE CANADIAN PRESS

Under investigation

Marriott hotel customers hit by hacking: Blogger

A major hotel chain is investigating a reported breach of customer information. An e-security blogger says the breach involved credit and debit card information of Marriott hotels guests. THE ASSOCIATED PRESS

Federal budget

NDP renews call to cap ATM fees at 50 cents

The NDP is stepping up its battle against bank machine fees, urging the government to make good on its pledge to do something about the charges that vex some Canadian consumers. THE CANADIAN PRESS

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FEDS NOT THAT SORRY ABOUT VETERANS

What are we to make of delicate-flower Veterans Affairs Minister Julian Fantino?

Last week, after missing a meeting in Ottawa with a delegation of Canadian veterans — including Ron Clarke, a 73-year-old, 36-year career military man from Sydney — Fantino breezed into the room an hour late without so much as an apology as the vets prepared to hold a news conference.

But then one grizzled veteran called the minister's hogwash-explanation of how closing eight specialized veterans' offices and forcing aged, injured or mentally troubled veterans to navigate the Internet or Service Canada's please-hold-your-call-is-important-to-us telephone jungle would actually mean better service for veterans ... "hogwash."

Another elderly veteran wagged his finger in the general direction of the minister.



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

Fantino walked out.

Soon after, his office issued a bland statement about the "roundtable" with veterans, during which Fantino had been "pleased to reassure" veterans about the glorious new world his government was creating.

The next day — after the TV cameras documented Fantino's actual "roundtable" — the minister issued a semi-full apology. He'd been "very late" because of a cabinet meeting, he acknowledged. "I sincerely apologize."

Sincerely? In the next breath, Fantino was bitching to his stenographers at the Toronto Sun that the multi-medalled, wheelchair vets had been "duped ... jacked up" by the union representing public servants who will lose their jobs and had paid the veterans' airfare to Ottawa. When those mindless-dupe vets failed to show Fan-

tino the due deference he required, he told the Sun, "I wasn't just going to play dead."

Uh.... In November, 3,000 people turned out in Sydney to protest the planned veterans' offices closure there. Hundreds more attended a "wake" Friday to mark its final shutdown.

Despite such broad-based public support, Fantino — and the prime minister — see the closures as yet another excuse to attack public-sector unions.

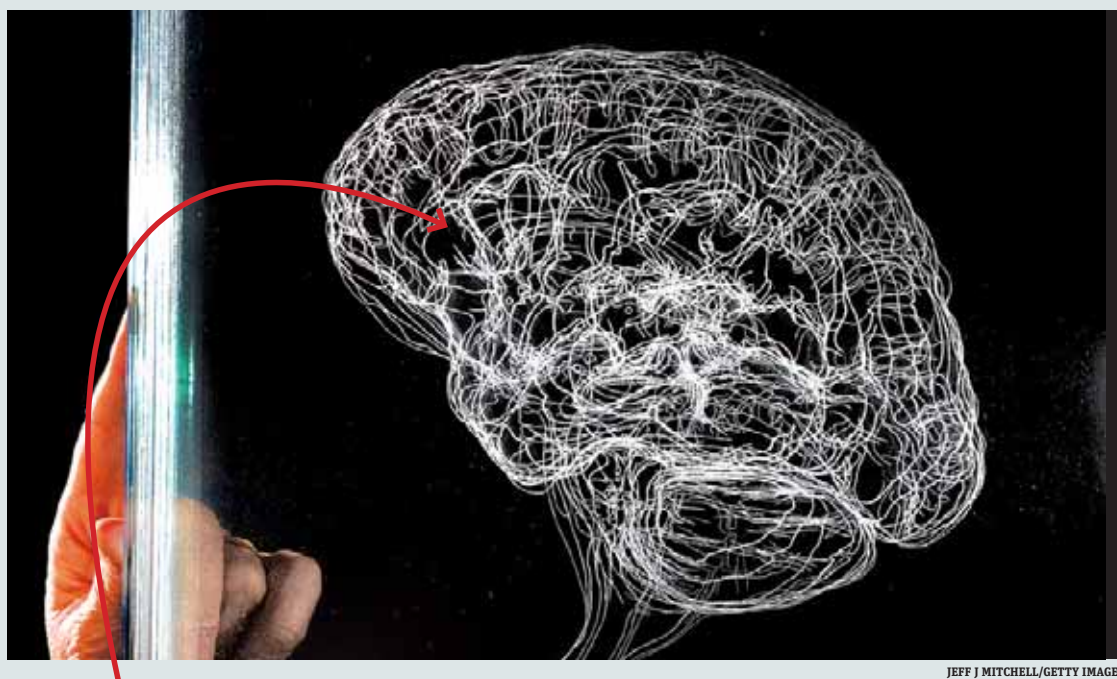
That is what this is all about: Slashing services to vets to balance the books before the next election. Veterans are collateral damage.

Instead of scapegoating, Fantino might want to ask why 238-and-counting Canadian servicemen and women have killed themselves since 1995, including four Afghan vets in the space of a few recent days, and why one in seven Afghan veterans suffer from service-related post-traumatic stress disorder or depression.

Please hold. Your call is important to us.

ZOOM

Portrait of the artist as a brain



JEFF J MITCHELL/GETTY IMAGES

A new frame of mind

Artist Angela Palmer has mapped her own brain. Palmer's work, *Brain of the Artist*, which goes on display to the public for the first time this week at the Scottish National Portrait Gallery in Edinburgh, was created from digital information provided by medical scanners.

METRO

Artist's viewpoint

"It is an extraordinary experience, staring at your brain floating in a glass chamber before you. Unlike traditional portraiture, an image of one's brain does not depict anything recognizably 'you' and yet it could not be more intensely personal."



"Being scanned felt like a mechanical fortune teller passing over your body," artist Angela Palmer said. GETTY IMAGES

Sculpture exposes 'inner architecture'

"Recreating the brain is perhaps the most objective form of self-portraiture," Palmer describes. "I try to peel back the layers to expose the hidden beauty of our inner architecture. The image floats ethereally in its glass chamber, but can only be viewed from certain angles. From above and from the side the image vanishes and the viewer sees only a void." METRO

Clickbait



LUKE SIMCOE
Metro Online

Last week, the beloved famous Internet cat Colonel Meow passed away, leaving us with a fluffy, Himalayan cat-sized hole in our collective hearts. But now that we're done grieving, Metro takes a look at some other Internet-famous felines who can help fill that void.



FACEBOOK.COM

Lil Bub (lilbub.com):

Known for her perma-kitten appearance, Lil Bub is a dwarf cat with a lolling tongue and a big heart. She's spawned a merchandise empire, and boasts an impressive array of social-media followers. She even has her own talk show.

Nala Cat (nalacat.com):

Quite possibly the only cat with

more than one million Instagram followers, Nala is a Siamese-tabby mix known for her blue eyes and love of bow ties.

Maru (youtube.com/user/mugumogu):

One of the first cats to garner online fame, Maru is a Scottish fold from Japan whose fascination with boxes has been delighting YouTube users for years.

Twitter

Canadian groundhogs like Wiarton Willie and Shubenacadie Sam are offering conflicting predictions on how much longer Old Man Winter will be sticking around, while world-famous Punxsutawney Phil says it won't be leaving quite yet. How will you be spending the next six weeks?

@KatarinaKaneff: praying that both of those silly groundhogs are smote for their horrible predictions, and that spring comes early.

@LindaMcCallumRE
Hunting Groundhogs

Follow @metropicks and take part in our daily poll. Best answers published right here.

Comments

RE: Be Wary of Groundhog Predictions: Forecasters published online Friday, January 31, 2014

The "forecasters" bad mouth the ground hogs because the hogs have a higher forecast accuracy percentage than they do!!

Stoneaxem, posted to metronews.ca

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E-books



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By Don Shay & Jody Duncan

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MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

A journal of behind-the-scenes movie magic, folks at Cinefex magazine get their hands on the extras you won't find on any DVD and the photos obsessive fans drool over. Going digital has actually lowered its price from \$15 to \$5 while adding how-they-did-it videos and interactive galleries. The current issue is a fascinating reveal of what kept Sandra Bullock afloat in Gravity.

Box office

Ride Along still cruising on top

Ride Along has topped the box office for the third week in a row with \$12.3 million US, according to Sunday's studio estimates. Disney's Frozen, now the fourth highest-grossing domestic animated release ever, is in second place with \$9.3 million US. That Awkward Moment, a Focus Features film, has taken third place in its opening weekend with \$9 million US. **THE ASSOCIATED PRESS**

Glamour on the gridiron

Forget the football!

Bruno Mars, Chili Peppers and Queen Latifah the real stars of the Super Bowl

Bruno Mars brought millions of fans into the club with a command performance during the Super Bowl halftime show Sunday.

The Grammy Award-winning singer translated his high-energy live show to the largest of stages, carrying off his hits with a smoking hot live band while managing to seamlessly integrate the Red Hot Chili Peppers into the set.

There was some concern Mars might not be able to hold up to the pressure of the assignment, but the 28-year-old wiped away the questions immediately.

Dressed in a gold-coloured jacket, he executed a note-perfect drum solo as he rode across the field on a raised platform. Once on stage, he delivered hits like Locked Out of Heaven and Treasure with a machismo that made it clear he wasn't lip-syncing.

Earlier in the evening, rapper and singer Queen Latifah and the opera star Renée Fleming proved the perfect choices to sing America the Beautiful and The Star-Spangled Banner. Both women are accomplished performers and handled the pitfall-ridden material with relative ease in stirring performances that brought cheers from the crowd.

"Have you ever heard it sung any better?," play-by-play announcer Joe Buck said as fans cheered wildly after Fleming's two-minute rendition of the national anthem.

Her performance included



Bruno Mars and Anthony Kiedis wow the crowd at the Super Bowl on Sunday. ALL PHOTOS: GETTY IMAGES

the Armed Forces Chorus, video shots of soldiers in Afghanistan, fireworks, a giant American flag and several shots of Denver Broncos quarterback Peyton Manning scowling, already in game-face mode.

Fans cheered wildly after the soprano, dressed in a Vera Wang-designed black gown with white sash, hit a long final high note with practised ease.

Latifah, dressed sedately in a knee-length blue parka and a white turtle-neck, shared her performance equally with the New Jersey Youth Chorus, often swirling her voice together with the singers rather than taking a more forceful lead role. The effect was lovely.

She finished her performance with a small fist pump.



After walking off the field, Fleming said she hadn't felt nervous. "I do most of my nervous stuff in advance so when I actually get there I can enjoy it ... and it was certainly true this time," she said. "I feel so thrilled and honoured to be out there. I loved every second."

THE ASSOCIATED PRESS

Oh, Joe!



Despite it being a balmy 8 C in East Rutherford on Sunday night, NFL legend Joe Namath symbolically flipped the bird at PETA and donned a fur coat for his role as pre-game coin tosser. The cloak was ostensibly an homage to his style during his days as the New York Jets' star quarterback in the 1960s, when he'd think nothing of throwing on some animal skins to keep warm on the sidelines.

2 SCENE



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One super bowl too many? Biebs held before big game as jet searched for pot



Justin Bieber

Justin Bieber just can't catch a break. The beleaguered singer arrived at New Jersey's Teterboro airport for the Super Bowl in a private jet that reportedly reeked of marijuana, prompting authorities to place him in federal custody for hours while the aircraft was searched, according to Page Six. Bieber was travelling

with his father, Jeremy, and about 10 other friends. While drug-sniffing dogs reportedly identified two pieces of luggage as containing marijuana, nothing was found and Bieber and his entourage were allowed to leave. Sources say the jet's pilot may have tipped off police about pot smoking on board before landing.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Jackman to drop anchor in Jack Sparrow's lagoon



STARGAZING
Malene Arpe
scene@metronews.ca

Hugh Jackman will be playing Blackbeard in the upcoming *Peter Pan* movie. I think I speak for all of us when I say, "Captain Jack Sparrow who?"

Kate Gosselin's sister says that the two siblings haven't spoken a word to each other in six years. Then she continued skipping down the street, throwing confetti and



handing out puppies.

After a year and a half Heidi Klum breaks up with her bodyguard boyfriend. But shree-eee-eee-eee-eee will always love him.

While testifying at the British phone-hacking trial, Jude Law finds out that a close relative sold private information about Jude to the *News of the World*. "I may have a useful tip for you," says Kate Gosselin's sister.

Rowling admits not every little thing she does is magic — like Ron & Hermione



J. K. Rowling ALL PHOTOS GETTY IMAGES

Harry Potter author J.K. Rowling is having second thoughts about having ended the series with heroine Hermione Granger paired up romantically with Ron Weasley.

The hugely successful author tells *Wonderland* magazine she chose the red-haired Ron for Hermione for very personal reasons.

She told the magazine she "wrote the Hermione-Ron relationship as a form of wish fulfilment" and said the couple might eventually need relation-

ship counselling.

The soon-to-be published interview was reported in *The Sunday Times*, which also quoted actress Emma Watson, who played Hermione, expressing doubts about the viability of her character's relationship with Ron.

She told the newspaper that many fans doubt Ron can make Hermione happy over time.

Many fans had hoped Harry and Hermione would become a couple. **THE ASSOCIATED PRESS**

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Why your budget was a bust from the beginning

It was a good effort but... Keep these five money-management mistakes in mind when drawing up your next dollar tracker



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

People are always willing to volunteer their wisdom about budgets to me. I'm a budget discussion magnet, it seems. And nine times out of 10, people want to tell me why budgets don't work. I agree. Most people's budgets don't work for a few basic reasons. Here's my top five list:

Inaccurate income projections

I can't believe the number of people who don't know how much money they make. How can you have a hope in hell of having a budget that works if you don't know how much money you bring home?

I know there are a variety of pay periods: monthly, semi-monthly, bi-weekly and weekly. But all you have to do is look at how much is coming into your accounts to know how much you actually make.

If it varies from one month to the next, then use the lowest income you have as your basic income, and use whatever extra you earn to fund stuff like home maintenance,



Budgeting isn't just about tracking your costs, it's about making sure you're spending your hard-earned money the way you want to. ISTOCK

vacations, gifts and the like.

Not enough categories

Most people generalize their budgets too much to get an accurate picture of where their money is going. I swear if I see one more budget with "spending money" I'll spit. It's all spending money. What are you spending it on?

You have to have enough categories in your budget to give you a real sense of where the money goes and where you may be able to cut costs. Careful now: too many categories and you'll make your budget such a chore that you'll toss it in no time at all. Another problem that goes

hand in hand with this one is:

Failure to include expenses

Not all expenses come in every month. Insurance bills can come annually.

Property taxes can come quarterly. Service contracts, dental bills, birthday presents, health-club renewals... there are lots of things that pop up only once or four times a year. If you don't include them in your budget, you won't have the money at the ready when the bill comes in.

Cash

People spend cash without keeping track of where it's going and that throws their

Careless categorization

I swear if I see one more budget with "spending money" I'll spit. It's all spending money. What are you spending it on?

Gail Vaz-Oxlade

budgets out of whack. Some people use bank machines like a wallet, pulling \$20 here and \$40 there as needed.

The problem with this approach is that money flows away without any record of where it's gone. And if you know you have a bill com-

ing due in a couple of days, but your partner doesn't, and he goes into the account for cash, then you won't have the money available to pay the bill.

No plan to save

People seldom put a "savings" line on their budget. Despite how well known the Pay Yourself First idea is, people still don't do it.

They wait to see how much they have left to save. And it's usually ZERO, zip, zilch! If you're serious about savings, it has to be a line item on your budget. You have to identify a specific amount you're going to save both for long-term savings and for emergencies, and you need an auto-deduction to a savings account to MAKE IT HAPPEN.

Budgets are a great tool provided you use them the right way. You need to have spending categories that fit your personal situation, your spending habits, and your income.

Don't look to anyone else's completed budget as a guide, except perhaps for a list of categories you may not have thought of. Make sure you review your spending patterns to see if there are areas where you're overspending.

There may even be things you're spending money on of which you weren't even aware.

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You gotta fight, in your plight, to learn math

Hit the books. Math professor teaches students to apply the 'ninja method' to intimidating equations

VICKI
SALEMI
Metro World News

Street fighting and self-defence require quick thinking and an ability to "shoot first and ask questions later." These ninja skills also apply to students in Dr. Sanjoy Mahajan's class based on his book, *Street-Fighting Mathematics*.

For his class, available at MIT and to students participating in the Massive Open Online Courses program who have basic physics and algebra comprehension, Mahajan says he doesn't want his students to "wait for the perfect kick to come" — he encourages them to just go for it.

The lessons seek to rid students of math anxieties by emphasizing the art of problem-solving without doing an



Who hasn't experienced the desire to deck their long-division homework? ISTOCK

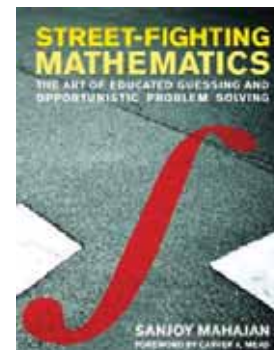
exact, lengthy calculation.

"They think, 'If I don't get this one right answer, I have nothing,'" he says. The answer itself isn't the end-all, be-all though. That's because in his class, a grade is not based on correct or incorrect answers; instead, it's all about whether

they've made a decent effort to find the answer.

By showing students an equation as they stare at various symbols in fear, he tells them not to worry, since the answer will be found differently from how they expect it to be anyway.

"The paranoia will freeze them up and just like in a street fight, they'll get slaughtered." In order to become liberated, he focuses on action in doing something reasonable and reacting without overthinking a solution — in other words, estimating.



Math-o-phobia

"The paranoia will freeze them up and just like in a street fight, they'll get slaughtered."

Dr. Sanjoy Mahajan

the ninja method to other classes as well, Mahajan points out. Approximating helps them simplify, he explains: "When the going gets tough, lower your standards."

Mahajan used the technique to learn German, for example. The language has endings with seven different forms of the word "the." Instead of figuring out the proper word endings, the professor went with the most common one.

"I was willing to approximate and not get 'paralysis by analysis,'" he says. Coupled with approximating by slurring the ends of words, locals understood Mahajan based on what their ear was trained to hear.

It turns out that the street fighting technique works in German too.

'Round the world wisdom

Train your attitude before taking on any challenge



LESSONS FROM
THE DESERT
Stéfán Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly

after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

When facing a challenge, we typically dedicate the majority of our time to acquiring a new skill, rather than training our attitude so that the new skill can flourish.

When I signed up for the multi-stage ultra-marathon in the Gobi, the best advice I received was that

it wasn't a marathon and that "the race was 50 per cent mental attitude, 50 per cent physical aptitude." That simple statement would drive everything I did. Yes, I had to learn to run half the distance. But I would need to rely on my mind for the other half. How should I train my attitude?

I decided to run only when I didn't want to.

I ran at midnight, when I wanted to go to bed, after a meal when I felt full, outdoor preferably during storms and blizzards, when



Routinely pushing yourself to take the rockier road will make life's regular humps seem so much smoother. ISTOCK

I was ill, or when my little voice inside said, "I'm tired." And when there was beautiful sunshine outside with perfect running conditions,

I went to the gym and did strength training inside instead.

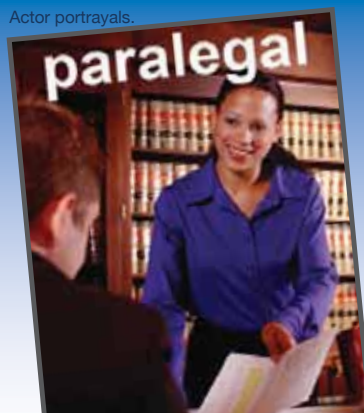
Ultimately, my training would add up to less distance

than most competitors who ran the Gobi. But every time I set foot outside to run, I also received the compound upshot of slowly building the mental attitude and immunity required to deal with the adverse conditions the desert would unleash.

When taking on something new, consider that for the new skills or habits to stick, an attitude adjustment should be your first step.

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Moroccan tastes meet super food in pilaf



ROSE REISMAN
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This Moroccan-flavoured dish resembles the flavours of the North African delicacy, tagine. A tagine is a delicious dish that is braised in a small amount of liquid with vegetables, dried fruit, olives and Mediterranean spices. If you

own a tagine, the authentic cooking vessel, you can bake this dish at 350 F.

This is a delicious one-pot dish that I serve for the family or when I'm entertaining.

You can always use boneless chicken breasts or chicken on the bone but it will take longer to cook.

Traditionally, you would serve this dish over couscous, but I have selected the

Ingredients

- 2 lb boneless skinless chicken thighs, diced
- 1/4 cup all purpose flour
- 2 tsp vegetable oil
- 1 1/2 cup chopped onion
- 2 tsp minced garlic
- 1 cup diced carrot
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- Pinch nutmeg
- Pinch cayenne
- Pinch salt and pepper
- 1 1/2 cup chicken stock
- 1 cup drained and rinsed chickpeas
- 1/2 cup chopped green olives
- 3/4 cup diced dried apricots
- 3/4 cup diced dried dates
- 3 cups cooked quinoa
- 1/4 cup chopped cilantro
- 1/3 cup toasted sliced almonds

Nutritional information

Per serving: 419 calories; 70 g carbohydrates; 9 g fibre; 15.5 g protein; 9.6 g total fat; 1.8 g saturated fat; 11 mg cholesterol; 350 mg sodium

healthier grain, quinoa.

To make perfect quinoa, just combine 1 1/2 cups of stock or water with 1 cup of quinoa, bring to a boil, cover and simmer on the lowest heat for 15 minutes just until the liquid is absorbed and the quinoa just tender. (Make the quinoa while the chicken mixture is simmering.)

To toast the nuts, just heat them in a hot skillet on medium-high heat for about 3 minutes or just until toasted. You can make a batch up in advance and keep stored in an airtight container.

This dish is also great as leftovers. Heat gently in a



This recipe serves six. ROSE REISMAN

microwave or toasted oven at 300 F.

Directions

1. Combine the chicken and flour. In a large non-stick skillet, add vegetable oil and sauté chicken just until browned and half way

cooked about 2 minutes. Set aside. Wipe out skillet and spray with vegetable oil.

2. Sauté onion, garlic, carrots, ginger, cinnamon, nutmeg, cayenne and salt and pepper for 5 minutes. Add stock, chickpeas, chicken, ol-

ives, and dried fruit and simmer covered for 15 minutes, stirring occasionally. Add more stock if needed.

3. Serve the dish over cooked quinoa and garnish with cilantro and toasted almonds.

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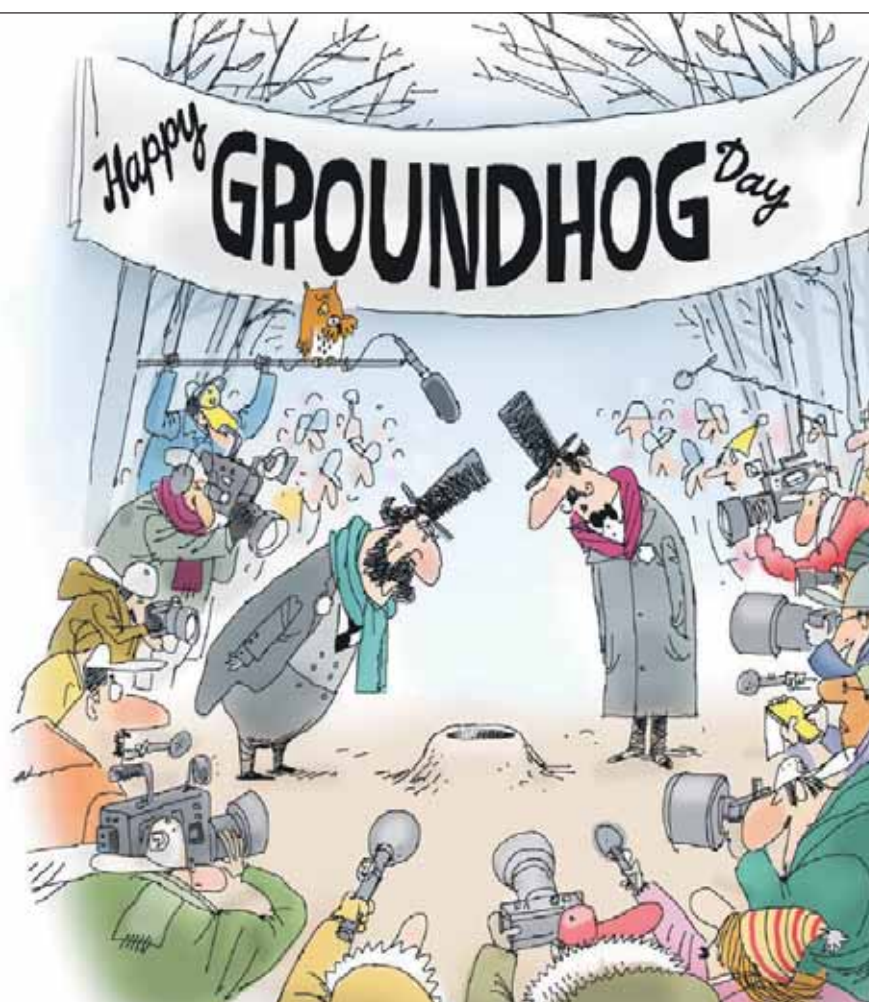
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ARTISTS EXPLORE THE THEN AND NOW

BAND AND TD PRESENT CULTURE SERIES

The stories are as varied as the people.

Canada's Black pioneers first set foot on this vast land as explorers, refugees, enslaved people and, like so many, as newcomers in search of providence.

This February, BAND (Black Artists' Networks Dialogue) celebrates Black History Month in partnership with TD Bank Group to present the TD Then & Now national cultural series. The life stories of the early nation builders continue to influence and inspire contemporary artists, cultural organizations and their audiences.

"It's February," says guest curator Maxine Bailey. "It's cold. It's quite understandable, the urge to hibernate until spring and only venture out to work or school. However, it would be your loss."

Bailey urges all Canadians to "gather up the parka, the toques, the mittens, and boots, and get out and enjoy stunning

SHOWCASE

In its seven-year history, Then & Now has showcased more than 300 Black History Month events.

"The Then & Now series has become one of the most prominent cultural celebrations in Canada," says Scott Mullin, TD Bank Group's vice-president, community relations. "TD's goal has been to ... further develop Black arts and culture and to celebrate the accomplishments of Black Canadians."

movement, funky rhythms, spectacular sounds, in-depth discussion and sweet poetry."

The 2014 Then & Now cultural series — a partnership with TD Bank Group, produced by BAND, a Toronto-based



LESIA BAILEY PHOTO

national organization dedicated to connecting Black arts and culture to communities, has expanded west to Calgary and Vancouver. There are 60 multidisciplinary projects offered in six cities with projects in both official languages. The series includes African and Caribbean-heritage communities and runs through February into early March.

Events include:

- Black Strathcona is one of four projects in Vancouver. The new media project reveals a once thriving east-end B.C. neighbourhood.
- In Calgary, Shakura S'Aida presents

Songs and Conversation with Calgary Folk Festival.

- In Toronto, Harbourfront Centre's three-day Kuumba celebration includes Dance Immersion Ontario's, Celebrating our Men in Dance.
- In Ottawa, Speaking of Black Hockey celebrates the history and soul of hockey.
- Montreal Opera's Porgy and Bess features Measha Brueggergosman in one of eight city projects.
- Five Halifax events include San Family Productions Inc.'s play, The Mother Club, about women, tradition and survival.

For more, visit band-rand.com.

STIMULATE YOUR IMAGINATION ALL YEAR LONG

In 1926, U.S. historian Carter G. Woodson developed an idea for what is now known as Black History Month.

Years later, Canadians advocated for a Black History Month of their own. But all too often, when February ends audiences for Black arts and culture disperse.

"Intellectually, I struggle that the attention on these fine artists seems to be limited to just one month per year," says Maxine Bailey, guest curator of the 2014 Then & Now national cultural series, produced by BAND (Black Artists' Networks Dialogue), with partner, the TD Bank Group. "We must change that mode of thinking."

African-Americans and Black Canadians continue to debate the relevance of commemorating Black History Month. Some discuss the merits of celebrating Black art, culture and history in the shortest, coldest month of the year.

Others, like U.S. hip-hop artist, Kanye West suggest that we "Make Black History every day," he raps. "I don't need a month."

Whether the tribute to Black history



LESIA BAILEY PHOTO

lasts for a month or 365 days a year, Canada's Black history continues to impact the nation's contemporary artists and culture.

"These artists work year-round to create

challenging works to stimulate your senses and imagination," says Bailey, who is also BAND co-founder. BAND is the Toronto-based national organization dedicated to

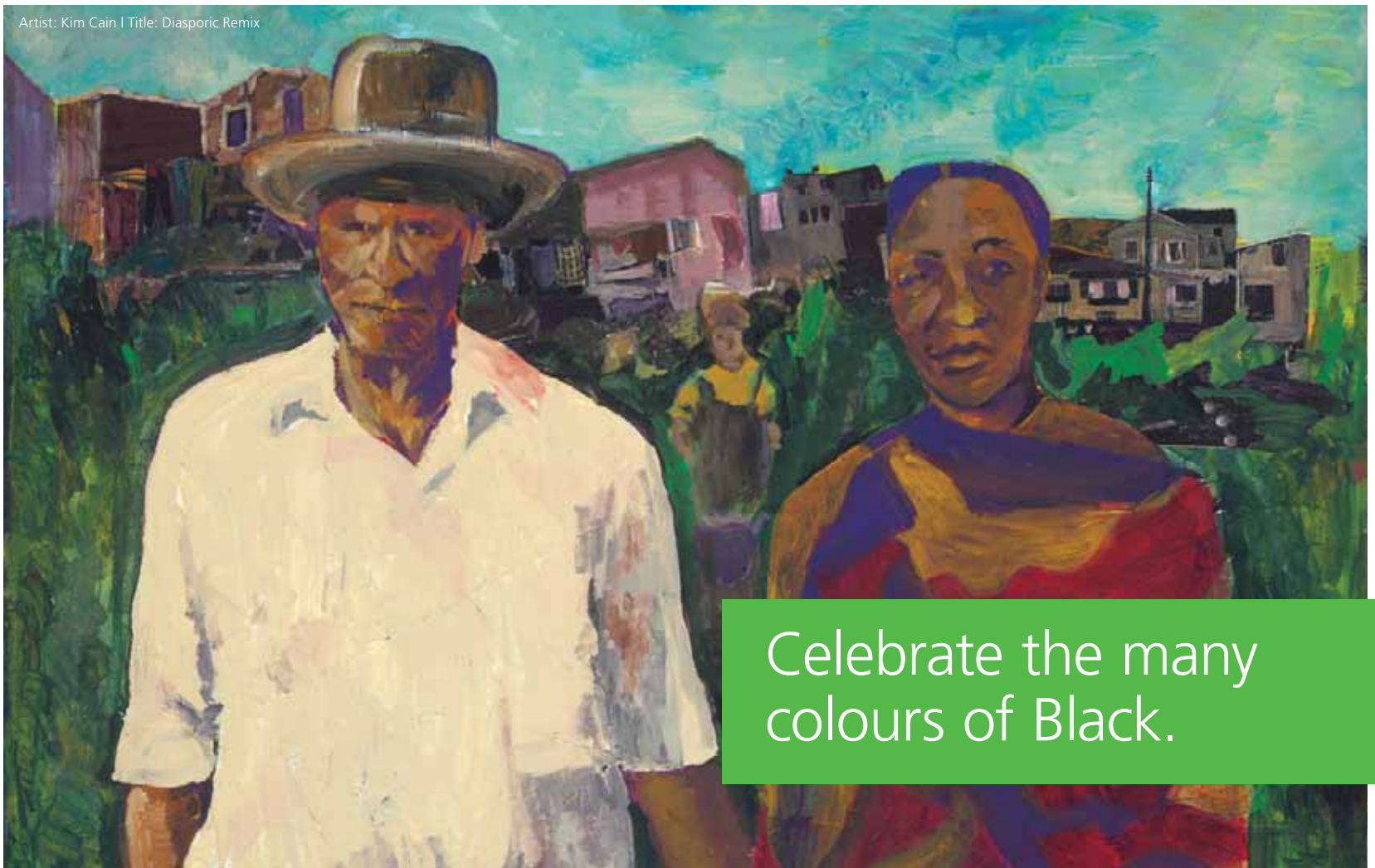
60 PROJECTS

The 2014 Then & Now national cultural series provides francophone and anglophone audiences an opportunity to view 60 multidisciplinary projects about the Black experience. This year, celebrate Black history and achievements along with artists and the cultural organizations that create inspiring art year-round. Some events are free. For more information, visit band-rand.com.

connecting communities to Black arts and culture.

The 60 multidisciplinary projects created by Black Canadian artists and cultural organizations comprise the 2014 Then & Now series. It all started with an idea that took seed and blossomed into theatre, multimedia, music, art, film and panel discussions. Then & Now is made possible with the year-round commitment of volunteers and donors, led by the TD Bank Group along with members of Caribbean-, African-heritage and wider communities across the country.

Artist: Kim Cain | Title: Diasporic Remix



Celebrate the many
colours of Black.



TD celebrates Black History Month.

The TD Then and Now Series showcases Black history and culture through the inspired work of Canadian and global artists. We proudly collaborated with the Black Artists' Networks Dialogue to bring you breathtaking exhibits, films, concerts, fashion and theatre. It's a month-long celebration that will stay with you all year.



PRESENTS



THEN & NOW

Learn more at td.com/ThenandNow



Nova Scotia splits Sunday draws

Team Nova Scotia skip Heather Smith delivers her rock against team New Brunswick during Draw 3 at the Scotties Tournament of Hearts in Montreal on Sunday. Nova Scotia won easily over New Brunswick 12-2, but lost in the evening draw, 5-4 to Alberta, to stand at 1-2 through two days of action.

GRAHAM HUGHES/THE CANADIAN PRESS

Herd has head up after tough roadie

QMJHL. Mooseheads finished with three points out of a possible six points in its three-in-three Quebec trip



ANDREW RANKIN

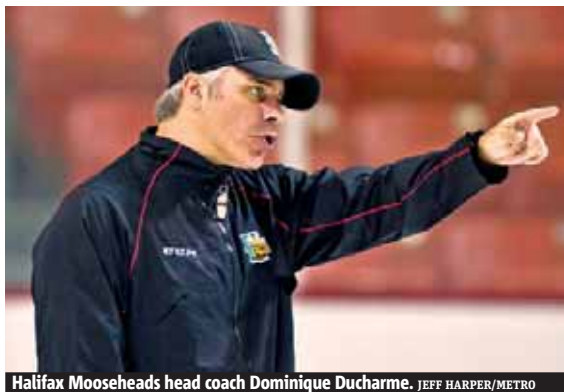
andrew.rankin@metronews.ca

Dominique Ducharme headed back to Halifax after a three-games-in-three-nights road trip with a sense of optimism.

The Halifax Mooseheads head coach looked at his team's performances — a win, blow-out loss and shootout loss — with a glass half-full perspective.

Starting off with a 8-2 hammering at the hands of the Quebec Remparts on Thursday, the Mooseheads completed their roadie with a 4-3 shootout loss to the league's second best team the Blainville-Boisbriand Armada.

"We really deserved a better result," said Ducharme. "But in



Halifax Mooseheads head coach Dominique Ducharme. JEFF HARPER/METRO

the way we played, that's what we want. It was the third game in three days. We played a lot, but we showed up with a lot of energy, applied a lot of pressure and we didn't give them much. We had a lot of scoring chances; everything was there for a win."

It was a battle to the bitter end with both teams exchanging leads until 6:40 into the final frame, when Brent Andrews tied the contest on the Mooseheads' third power play

goal of the night. It took eight shootout rounds before Marcus Hinds fired home the game-winner.

"We always talk about following a certain process and being consistent in the way we play, more than the end result. We play the same way against the same team tomorrow, and the result would be different, I'm convinced of that."

In Friday's 4-3 victory over the Shawinigan Cataractes, the

Herd had to overcome some adversity, playing without Andrew Ryan and Luca Ciampini, who each received one game suspensions for their actions in Thursday's penalty-filled game against Quebec.

"Our goal is to be ready for the playoffs, and we responded very well," added Ducharme. "We have 15 games left, and we know we'll be getting better."

For those three games, the Mooseheads were without the services of their first line forward Philippe Gadoury, who's still recovering from concussion symptoms. He will be re-evaluated early in the week.

In the end, the Mooseheads managed to earn three points out of a possible six, maintaining third place with a record of 34-17-0-2.

Back in action

The Mooseheads are back in action at home against the Rimouski Oceanic on Saturday night.

CIS basketball

Colley scores season-high, Huskies remain undefeated

The Saint Mary's women's basketball team is still making it look easy.

The country's No. 2-ranked team kept its unbeaten streak alive (15-0) with a decisive 78-59



Justine Colley METRO

victory over the St. Francis X-Women on Friday.

Reigning CIS player of the year Justine Colley led the way with a season-high 35 points. Going into the second quarter tied at 15-15, the Huskies took over from there, outscoring the home squad the rest of the way. Meanwhile, the men's squad ended its weekend with a win over the X-Men 69-86 on Friday. Trailing 22-14 after the first quarter, the Huskies regrouped and outscored the X-Men in every quarter after. After an 81-66 loss at the hands of the P.E.I. Panthers on Friday, the Dalhousie Tigers (3-11) men's squad eked out a 91-88 victory in Saturday's rematch. It was the other way around for the women's squad. The Tigers (7-7) won their first game against the Panthers 65-58 on Friday, and then fell 76-70 in Saturday's rematch. METRO

CIS hockey

Tigers get rare win, Huskies lose two straight

The Dalhousie Tigers have something to celebrate — their third win of the season. Coming off an 8-6 loss against the St. Thomas Tommies on Friday, the Tigers reversed their fortunes with a 7-3 drubbing of the P.E.I. Panthers on Saturday. Andrew Langan led the way with a hat trick for the Tigers (3-20-1). Tigers Goalie Bobby Nadaeau made 48 saves in the win. Meanwhile, the sixth-place Saint Mary's Huskies weren't so fortunate, losing both their weekend matches. After dropping a 6-4 decision to the Moncton Aigles Bleus on Friday, the Huskies (11-13) fell 6-5 to the league leading New Brunswick Varsity Reds. METRO

Seattle celebration

12th Man paints the town red

With shouts, cheers and fireworks, Seattle residents celebrated a dominant victory in the Super Bowl — the city's first major sports championship in more than 30 years.

Seattle police planned an increased presence throughout the city Sunday night. They sent a tweet on the department's widely followed Twitter account saying, "Officers will be out and about citywide making sure everyone is celebrating safely."

The last time a major Seattle sports franchise won a championship was in 1979 when the Super-sonics took the NBA title. The WNBA's Seattle Storm have won two championships, in 2004 and 2010.

Mayor Ed Murray says in a statement that a Seahawks victory parade would happen Wednesday.

On Sunday, Fans blared horns and launched fireworks around the city.

In Occidental Park in Pioneer Square, near CenturyLink Field where the Seahawks play, people waving "12th Man" flags took to the street, and others climbed trees and sculptures.

Wedding photographer Taylor Olcott, 28, said it reminded her a little of being in Boston in 2004, when the Red Sox won baseball's World Series for the first time since 1918.

"This is the first time I've really seen Seattle passionate about anything," she said. "It's, like, East Coast. It's very exciting."

Meanwhile, in Denver...

Thousands of disappointed Denver Broncos fans headed home even before the clock wound down on their team's crushing defeat by the Seahawks.

Denver police were prepared for trouble but the city's streets were quiet and cold.

And in New Jersey

The record number of Super Bowl fans who used New Jersey Transit to get to the Super Bowl faced delays trying to get home.

Nearly 28,000 fans rode the rails from Secaucus Junction to MetLife Stadium. That's nearly double the projections by event organizers.

THE ASSOCIATED PRESS



Broncos running back Knowshon Moreno is tackled by Seahawks Chris Clemons, left, Bobby Wagner and Cliff Avril during Super Bowl XLVIII on Sunday in East Rutherford, N.J. ROB CARR/GETTY IMAGES

Bowl-dozer

Seahawks win. Manning's Broncos overwhelmed by Seattle's defence from start to finish

The Seattle Seahawks' mantra all season was to make each day a championship day.

They made Super Bowl Sunday the best day of all with one of the greatest performances in an NFL title game — sparked by a defence that ranks among the best ever.

The Seahawks won their first Super Bowl crown in overpowering fashion, punishing Peyton Manning and the Denver Broncos 43-8. That masterful defence, the NFL's stingiest, never let the five-time MVP get going, disarming the highest-scoring offence in league history.

Seattle (16-3) was too quick, too physical and just too good

Super Bowl

43

Seahawks

8

Broncos

- The Seahawks' Malcolm Smith earned Super Bowl MVP honours.
- Smith is only the third linebacker in Super Bowl history to earn the award, joining Ray Lewis of Baltimore in 2001, and Chuck Howley of Dallas in 1971.

for Denver, and that was true in all areas. What was hyped as a classic matchup between an unstoppable offence and a miserly defence turned into a rout.

"We've been relentless all season," quarterback Russell

Wilson said. "Having that mentality of having a championship day every day. At the end of the day, you want to play your best football and that is what we did today."

Punctuating Seattle's dominance were a 69-yard interception return touchdown by linebacker Malcolm Smith to make it 22-0, and Percy Harvin's sensational 87-yard kickoff run-back to open the second half.

When the Seahawks, up by 29 points, forced a Denver punt early in the third quarter, the 12th Man — and there were legions of them in MetLife Stadium — began chanting "L-O-B, L-O-B."

As in Legion of Boom, the Seahawks hard-hitting secondary, part of a young team with an average age of 26 years, 138 days.

"This is an amazing team. Took us four years to get to this point but they never have taken a step sideways," coach Pete Carroll said. "These guys would not take anything but

winning this ball game."

The loss by the Broncos again raised questions about Manning's ability to win the biggest games. He is 11-12 in the post-season, 1-2 in Super Bowls.

"Certainly to finish this way is very disappointing," he said.

He never looked comfortable against a defence some will begin comparing to the 1985 Bears and 2000 Ravens — other NFL champions who had runaway Super Bowl victories.

Seattle forced four turnovers; Denver had 26 all season. Wilson, who has an NFL-record 28 wins in his first two pro seasons, including playoffs, had a 23-yard TD pass to Jermaine Kearse late in the third quarter to make it 36-0.

Wilson also hit Doug Baldwin for a 10-yard score in the final period.

For the fifth time in six meetings between the NFL's No. 1 offence and defence, the D dominated.

THE ASSOCIATED PRESS

Opening snap

Safety first but not planned by Broncos

All those records, all for naught.

Peyton Manning couldn't cap the greatest season any NFL quarterback ever had or secure his legacy as the best QB in history because his Denver Broncos came down with a case of the yips Sunday night.

They fell behind right from the start and never recovered.

The bumbling Broncos trailed before Manning ever got his hands on the ball because Manny Ramirez's bad snap went for a safety 12 seconds into the game.

It only got worse as the Seahawks scored the game's first 36 points.

THE ASSOCIATED PRESS



A snap sails past Peyton Manning for a safety. GETTY IMAGES

Sister skiers take bumps together

Freestyle skiing.

Dufour-Lapointe trio look to make podium in moguls at Olympics

Skiing has always been a family affair in the Dufour-Lapointe household.

For Johanne Dufour and Yves Lapointe, it was a way to spend quality time in the winter with their three daughters.

But they never thought that one day it would take Maxime, Chloe and Justine Dufour-Lapointe to the Olympic Games.

All three freestyle skiing sisters will be in Sochi, Russia, to compete in moguls, the mad dash over the bumps with two intricate jumps thrown in.

It was the eldest, Maxime, who got them started in freestyle when she was 12 and went to see a friend in a moguls competition. Right away, she wanted to try it and it wasn't long before her talent began to show and she was entering races as well.

Her sisters were eager to try it, too.

But if 24-year-old Maxime opened the door for her sisters,



Sisters, from left, Maxime, Chloe and Justine Dufour-Lapointe pose for a photo after being introduced as members of Canada's Olympic freestyle skiing team on Jan. 20 in Montreal. PAUL CHASSON/THE CANADIAN PRESS

it took her the longest to reach her full potential.

"I had some tough moments," said Maxime, now considered among the world's best in landing her jumps. "As an athlete, it's normal to have some self-doubt."

"I'm an analytical person and I like to figure things out. Now I understand moguls. It took me more time, but the important thing is to get there."

While they are competitors on the slopes, the sisters remain a close-knit group.

"We see having all three of us competing in the same discipline as an advantage," said 22-year-old Chloe, currently second in World Cup standings behind American Hannah Kearney. "We're sisters and we see it as normal to compete together."

Maxime agrees.

Podium-proven performers

Justine, 19, goes into Sochi having won bronze at last year's world championships. She had five podium finishes in six races on the World Cup tour this season, including two victories.

- Chloe has been on a World Cup podium three times, while Maxime picked up her first career podium at Deer Valley this season.

"Having them there gives me feelings of security and comfort," she said. "I know they won't be afraid to be honest with me."

"We aren't afraid to call each other out if we have to. It makes me a better athlete and it's the same for them. It's a constant learning process."

Of the three sisters, only Chloe has Olympic experience. She managed to qualify for the 2010 Winter Games in Vancouver, exceeding expectations by finishing fifth.

THE CANADIAN PRESS

NHL. Leafs secondary scorers stepping it up

Joffrey Lupul and Nazem Kadri are leading a resurgence of secondary scoring within the Leafs roster — but will it be enough to carry the team past the upcoming Olympic roster freezes and trade deadlines?

Possibly yes, and possibly no.

The Leafs have three games before the Olympic break — the last being Feb. 8, the day before the break officially begins — with the NHL's roster freeze extending Feb. 7 to 23.

If the Leafs are entertaining the addition of secondary scoring — or any other upgrades — the first window closes this coming Friday. It reopens for a period between the end of the Games and the arrival of the NHL trade deadline March 5.

Lupul, whose performance has been unheralded, especially when his line with Kadri was absent from the score sheets, now has eight points in his last eight games. Couple that with Kadri, who has 14 points in his last nine games and the Leafs have strong signs of secondary scoring surfacing in timely fashion for the post-Olympic run to the playoffs.

"He's (Lupul) starting to find the back of the net," Leafs coach Randy Carlyle said.

"He's a different player from the left side. He's dangerous when he skates, and his cycle game is better when he does that."

TORSTAR NEWS SERVICE



Leafs centre Nazem Kadri is rolling with 14 points in his last nine games. TORSTAR NEWS SERVICE

NHL on Sunday

- Jets 2, Canadiens 1.** Michael Frolik scored in the third period to give the Winnipeg Jets a victory over the Canadiens in Montreal. The Jets have won eight of 10 since Paul Maurice took over as head coach on Jan. 12.
- Capitals 6, Red Wings 5 (OT).** Alex Ovechkin scored his NHL-leading 39th goal on a power play in overtime, and the Capitals beat the Red Wings 6-5 Sunday.

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February 3

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AUCTION

AUCTION

In accordance with the Warehouseman's Lien Act, there will be sold by public auction the abandoned properties stored at Storage Inn Self Storage, 3490 Prescott St., Halifax, N.S. The auction will take place on

Wednesday, Feb. 5, 2014
starting at 10:30 am at 3490 Prescott Street, Halifax, N.S. and at subsequent sales until sold. The personal effects and belongings of the following tenants will be sold:

Glen Johnston	Unit #1091
Jake Sutherland	Unit #2006
Safe Harbour Security	Unit #2056
Cheryl Fralick	Unit #2103
Malcolm Greeley	Unit #2202

Items to be auctioned include misc. household goods, furniture, tools etc.

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www.dartmouthbandits.com

Horoscopes

Aries

March 21 - April 20

The cosmos will give your confidence a boost this week and make all things seem possible. Don't listen to those who say you should be cautious. If you can think of something, you should get on and do it.

Taurus

April 21 - May 21

If you were planning something spectacular for the next few days it might pay you to think again, especially if there is money involved. The planets indicate there is no need to rush things.

Gemini

May 22 - June 21

You will have to deal with a challenge to your authority that could be quite serious. Don't try to put it off, because the longer you leave it the more serious it will get. Make sure everyone knows who is the boss.

Cancer

June 22 - July 23

It may seem as if you are being swept along by forces over which you have no control, but is it true? Maybe you are taking too negative a view of your ability to influence events.

Leo

July 24 - Aug. 23

You won't have to make much effort to get what you desire over the next few days. Your powers of persuasion have rarely been higher and if you ask for something, you will get it with no questions asked.

Virgo

Aug. 24 - Sept. 23

If you try to get out of something you have already agreed to today, you won't be very popular. That may not worry you much now but it could have repercussions later.

Libra

Sept. 24 - Oct. 23

You may have to cut corners to get things done over the next 24 hours but it will be worth it. It will save you time, much of which will be taken up trying to explain to others what you are doing and why.

Scorpio

Oct. 24 - Nov. 22

Take care that in your hurry to impress important people you don't overestimate your abilities and take on too much. You may not like to say "no" but they won't be impressed if you fail to deliver.

Sagittarius

Nov. 23 - Dec. 21

You can turn dreams into realities this week. All you have to do is be yourself and believe in yourself. The latter is important as various people will try to convince you that you don't stand a chance.

Capricorn

Dec. 22 - Jan. 20

The most important thing this week is that you don't let others tell you what you ought to believe. No matter how loud the so-called "experts" may be, you must trust what your inner voice tells you — always.

Aquarius

Jan. 21 - Feb. 19

This is not a good time to be too adventurous financially. With Mercury about to begin one of its retrograde phases, you could lose big if you get carried away.

Pisces

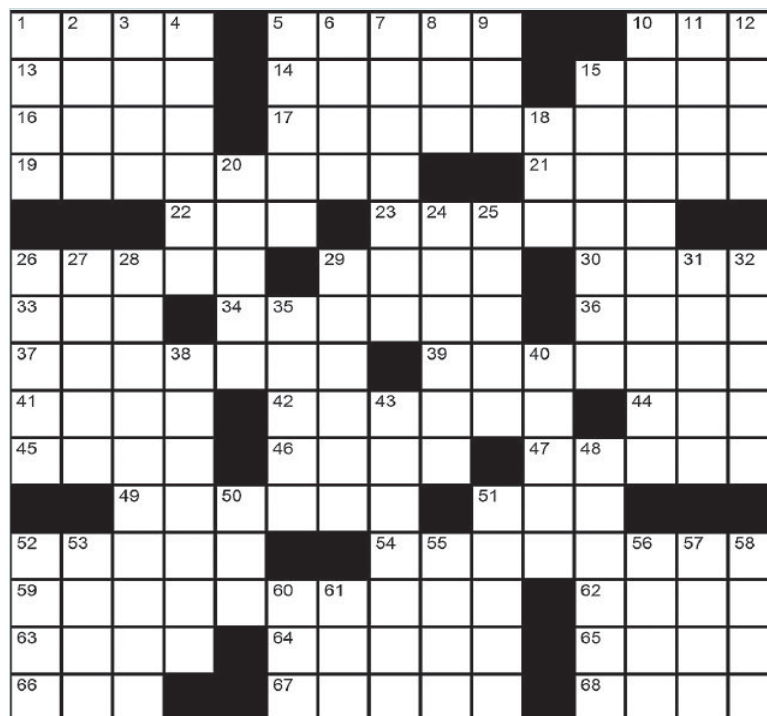
Feb. 20 - March 20

Make sure you can see how other people's decisions might affect your own aims and ambitions. On the work front especially, take nothing for granted. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Brother of singer Brandy, ___
5. Attempt or fetch: 2 wds.
10. Exchange rings
13. True: French
14. Jim Croce's "I Got ___"
15. Swell
16. Word's history [abbr.]
17. Evangeline's poet
19. Soak with the sponge some more
21. How some are in love
22. Facing [abbr.]
23. Salad ingredient
26. Married man, fun-style
29. 1997 Peter Fonda title role
30. "___ la Douce" (1963)
33. Give ___ try
34. Tirade talker
36. Years: Spanish
37. Ms. Harris of "Love It or List It Vancouver"
39. Net-using fisherman
41. Alan of "M*A*S*H"
42. Actor Kevin, and surnamesakes
44. Compass dir.
45. "It's ___ real!"
46. Good: French
47. Beginning
49. Remember
51. Stir



52. ___ recording
54. Standard Time: Scottish-born Canadian, Sir ___ Fleming (b.1827 - d.1915)
59. Justin Bieber's 'contest of speed' in Miami: 2 wds.
62. Opera tune

63. Stage setting, ___-en-scene
64. Path to travel on
65. George Harrison's "___ It a Pity"
66. Educ. institution
67. "Vogue" dancer
68. Didn't walk there

Down

1. Winnebago owner, informally
2. Mr. Johnson
3. "Divine Secrets of the ___ Sisterhood" (2002)
4. "The Waltons" son
5. Lively dance

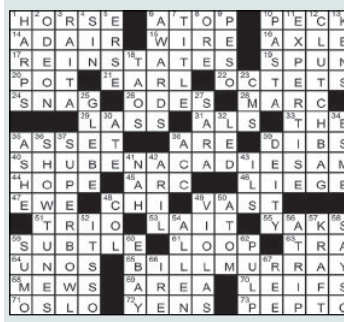
6. Due ___ before... (Submission info)
7. Engine-of-a-car part
8. Texter's "Egads!"
9. Black-and-white jersey wearer
10. Canadian band, The ___ of Manitoba
11. Organic com-

12. Like Mother Nature's morning coat
15. Rome attraction, ___ Amphitheatre
18. Record co.
20. Heidi author, Johanna ___ (b.1827 - d.1901)
24. Filmom's Liam
25. Filmmaker, Maya
26. Type of headscarf
27. Serviceable
28. Canadian-invented bluffing/trivia game
29. Remove the painting's holder-upper
31. Certain code
32. Holding
35. Limerick's rhyming pattern
38. 'The snow' in Quebec: 2 wds.
40. Has peculiar-ness: 2 wds.
43. Canuck temperature measure
48. "That's against the rules!": 2 wds.
50. ___ anglais (English horn)
51. Wrath
52. Nav. ranks
53. Type of acid
55. AM part
56. Roughly: 2 wds.
57. Peel
58. Agenda info
60. Dadaist Jean
61. Murmur

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	2	6	5	7	8	4	1	9
4	1	8	3	9	6	5	7	2
9	5	7	2	4	1	8	3	6
6	4	5	8	2	7	1	9	3
1	9	2	6	3	4	7	5	8
8	7	3	9	1	5	2	6	4
5	8	9	7	6	2	3	4	1
7	3	1	4	8	9	6	2	5
2	6	4	1	5	3	9	8	7

5	4						1	2
			1		8			
6		1				9		7
		3	9		1	6		
	9						4	
		6	7		4	2		
2		9				8		3
			3		9			
3	5						9	1

Today



Tuesday



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